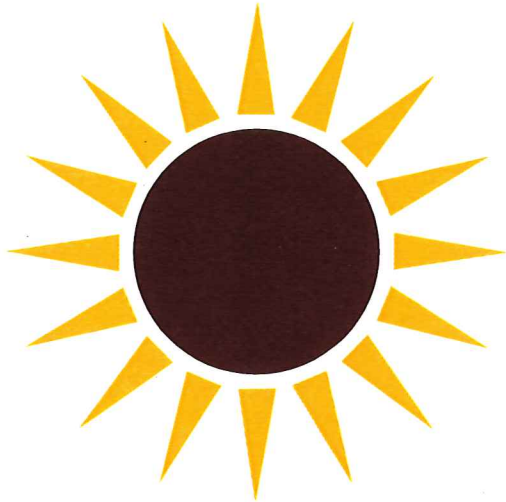


TOWN OF EASTHAM

RECREATION & BEACH DEPARTMENT



SUMMER 2016 BROCHURE

5/27/2016

Eastham Recreation & Beach Department

Registration Information

Date: Saturday, June 18, 2016

Time: 9:00am - 12:00pm



Swimming Lessons, Swim Team, Junior Lifeguard and Paddle Board registration held at Wiley Park (Herringbrook Road)
For all other programs.. please register at the Eastham Recreation & Beach Office (Route 6).

*Registration for all programs is June 18th, we can not accept early registrations.

*Payment must be made the day of registration. We accept checks (made payable to "Town of Eastham") or cash payments.

*No refunds after the first class/session.

*Some of our programs have limited space. Programs are filled on a first come first served basis. We do not "hold" spots.

*We reserve the right to cancel classes due to low enrollment.

*Non-residents of Eastham may register for programs beginning June 28th. An additional \$5.00 fee for all programs, except the Summer Recreation Program is an additional \$20.00.

Fees charged for programs help directly cover the cost of materials, pay instructors and defray other costs associated with the program.

Feel free to contact the department with any questions!

(508) 240-5974 or recreation@eastham-ma.gov

Thank you and Happy Summer!

Summer Recreation Program

Program runs from Friday, July 1- Friday, August 12.

Meets: Monday- Friday, 9:00am-12:00pm at Nauset Regional High School (No session Monday, July 4th.)

Grades: 5-year olds thru 6th Grade.

To register a 5-year old child, contact the Recreation Dept. directly.

***Early Drop-Off Option:** Parents/Guardians may sign up for Early Drop off for their child. This allows those signed up to drop-off between 7:45am-8:00am.



You must register for this option on June 18th. Space is limited.



Full program: July 1-August 12 \$125 (\$150 w/ early drop off)

Session 1: July 1- July 22 \$75 (\$90 w/ early drop off)

Session 2: July 25- August 12 \$75 (\$90 w/ early drop off)

One week. (any one week) \$45 (\$50 w/ early drop off)

Registration for 2nd Session is Thursday, July 21 at NRHS (at the Eastham Summer Rec Program) from 9:00am-12:00pm

Weekly Field Trips offered for an additional fee per trip.

Children should dress for outdoor activities!

Lunch is included in the fee!

***Limited registration



Recreation-Leader-In-Training Program

Program is designed for individuals, ages 13-17, who are interested in becoming better leaders. 12-year olds may be accepted with an interview. RTL's will work with and be evaluated by the staff at the Summer Recreation Program. Fee is \$100 for the full program or \$55 for one session. Must complete the R-T-L application, be accepted into the program and attend a mandatory orientation class.

Swimming Lessons

Additional registrations are held each Monday beginning June 20 thru August 8 at Wiley Park from 8:30 to 9:00am.

Ages: 4-13 years old **Fee:** \$40 per swimmer

Lessons run Monday thru Friday July 1-August 12 from 9am-Noon.

Class times will be set after registration (No lessons on Monday, July 4).

Lifeguards start on Saturday, June 25 at the pond.

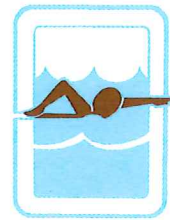


Mommy and Me Swim

Ages: 18 months- 3yrs with a parent in the water. **Fee:** \$30

Mondays and Wednesdays July 11-Aug 10~8:30am at Wiley Park.

This program has minimum and maximum space requirements.



Swim Team

Ages: 10-16 years old.

Fee: \$40 per swimmer.

Begins July 5 and ends August 6, 2016.

Meets Tuesdays & Thursdays 12:00pm- 1:00pm and

Saturdays 9:00am- 10:00am at Wiley Park.

Swim meets with other towns and clubs!



Junior Lifeguard Program

Increase your self-confidence, physical condition and water awareness through an intro to water safety, first-aid and rescue techniques.

Develop "skills for life" in a fun and safe aquatic environment!

Thursdays, July 7 thru August 11- 6:30am-8:00am for ages 12-16.

Mandatory pre-test on the first day.

Main location will be Wiley Park. Program may include classroom time and off-site days. The fee for the 6 week program is \$55.00/participant.

This program has minimum and maximum space requirements.

Pick-up Beach Volleyball

Bring a team to First Encounter Beach or join one there!

Dates: Wednesdays ~ July 6, 13, 20, 27

Time: 5:00pm-6:00pm



No fee! Must be 10 years of age or older.

Beach Chess and Checkers

Play on our giant board at First Encounter Beach.

Thursdays ~ July 7, 14, 21, 28 5pm-6pm

No Fee! Fun for all ages!



Tug of War Night

Thursday August 11th ~ 3rd Annual Tug-of-War!

Bring a team or form one at the beach!

First Encounter Beach at 5:00pm. Bring your muscle!

Kids Karaoke

Thursday August 18th ~ Kids Karaoke on Windmill Green!

The fun starts at 6:00pm!

Bring beach chairs and blankets. Listen to the kids sing their favorite songs!



Adventures in clamming!

Join us Thursday, August 11 for a clamming adventure on Cape Cod Bay off Dyer Prince Road.

Learn from a Natural Resource Officer the do's and don'ts of clamming.

Start digging at 11:30am for a clamming good time!

\$5.00 per digger, ages 8+, limited space.

To register, call the Recreation dept by Monday, August 8 at 4pm



Attention Kids



Kick off summer at Arnold's Restaurant!

Wear your Eastham Recreation t-shirt to Arnold's June 22 from 4-8pm and receive a free kids meal with a drink and a discount mini-golf coupon

Don't forget..you must wear your Eastham Rec t-shirt!

Guided Bike Rides



1st Ride: Saturday, June 25. Ride from First Encounter to Nauset Light Beach! Stops along the way where you will learn about the history of Eastham!

Registration: 10am-First Encounter Beach. Ride begins 10:30am.

2nd Ride: Saturday, July 23. Ride from Little Capistrano Bike Shop to the Chocolate Sparrow in Orleans.

Registration: 10am-Little Capistrano Bike Shop. Ride begins 10:30am

3rd Ride: Saturday, August 20. Ride from Little Capistrano Bike Shop to PB Boulangerie in Wellfleet.

Registration: 10am-Little Capistrano Bike Shop. Ride begins at 10:30.

No Fee! All ages welcome Helmets required, no training wheels

Tennis

Recreational Tennis on the new courts at Nauset Regional High School!

Mondays & Thursdays ~ July 11, 14, 18, 21, 25, 28

Ages: 7 & 8 6:00pm-7:00pm

Ages: 9 & 10 7:00pm-8:00pm

Fee: \$30/ per player for the 6 sessions





Track Nights

Come run, sprint, jump, and throw at the Nauset High School Track!

Learn the basics of Track and Field sports and train with certified coaches and professionals!

Wednesdays ~ July 6, 13, 20, 27 from 6pm to 7:30pm.

Ages: 8 and up

Fee: \$10 per participant for 4 week session

Bring water and wear your sneakers!



Basketball



Come play Basketball on the Field of Dreams court (behind Town Hall)

Mondays ~ July 11, 18, 25, August 1 from 6:30pm-8:00pm

Ages: 13-17

Fee: \$10 per participant for 4 week session

Supervised and organized pickup games.

Bring water and wear your sneakers!



Flag Football

Come play Flag Football at night on the Field of Dreams!

Tuesdays ~ July 5, 12, 19, 26 from 6:30pm-8:00pm.

Ages: 10-12

Fee: \$10 per participant for the 4 week session.

Bring water and wear your sneakers!



Yoga on the Beach

Drop-in Yoga at First Encounter Beach!

Taught by certified Kripalu Yoga teacher Robin Bruckner.

Monday thru Friday, July 11 thru August 12 from 7:15am to 8:30am.

Fee: \$10 per class. No pre-registration required.

Waiver signature required at the beach.

Beginners welcome and encouraged. Strengthen your body and calm your mind! Movement is slow, focus is on breath and safe alignment.

Bring a beach towel, sunglasses and water!



Paddle Board

Join Pump House Surf Shop at Great Pond!

Come alone or sign-up the whole family for stand-up paddle board.

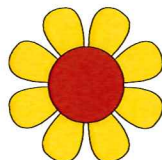
Offered Mondays and Wednesdays, July 6 through August 10 from

10:00am-11:00am. Fee is \$40 per participant per day.

Must be at least 8yrs old and able to swim. Maximum of 10 participants.

Additional registrations and information available at

Pump House Surf Shop (508-240-2226)



Pickle Ball

The Field of Dreams basketball courts (behind Town Hall)

have been marked out for pickle ball!

Through June, the court is reserved for pickle ball on Wednesdays from 1:00pm-3:00pm and Thursdays from 6:00pm- 9:00pm

Ages 18 and up.

Summer hours will be changing and will be posted on the court.



Tennis Courts

Located at NRHS.

5 courts! In July and August, court 1 is a reserved court.
For court rules and regulations, please visit the Town of Eastham website www.eastham-ma.gov and click on town departments and then Recreation & Beach.



Field of Dreams

Located behind Eastham Town Hall

Softball Field

Baseball Field

Lighted Basketball Courts (court closes at 10pm)

Pickle ball courts (lined out on basketball court)

Permits required for all age groups.



Town of Eastham Public Library

The Eastham Library is located in the back corner of the Eastham Town Hall Main Parking Lot at 2500 State Highway.

Lots of programs!

Visit www.easthamlibrary.org for full program details

Finch Skate Park

Regional skateboard park located on the grounds of NRMS in Orleans.

Weather permitting, the park is open year-round.

An attendant must be present for the park to be open.

Helmets are mandatory! Daily use fee required.



Beaches and Ponds

Boat Meadow Beach

Campground Beach

Cole Road Beach

Cooks Brook Beach

First Encounter Beach

Great Pond

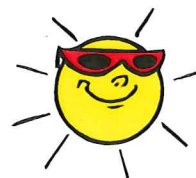
Herring Pond

Kingsbury Beach (no parking)

Sunken Meadow Beach

Thumpertown Beach (stairs)

Wiley Park



Areas

Dyer Prince and Hemenway Landing

Nauset Light Beach

Eastham Taxpayer section opens July 1st

Bath Houses ~ Seasonal

First Encounter, Cooks Brook Beach, Wiley Park

Beach Wheelchairs

Campground Beach and First Encounter



Dogs

No dogs on Town of Eastham beaches from June 15 thru Labor Day

LifeGuards

Great Pond & Wiley Park will have Lifeguards on duty starting June 25th

Parking

Beaches staffed June 25, 2016 thru Labor Day. Parking fees applicable.

Registration Form

Participant's Name: _____

Street Address: _____

Mailing Address: _____

Phone Number: _____

Email Address: _____

Participant's DOB: _____ Age: _____ Grade (15-16yr): _____

Parent/Guardian Name: _____

Parent/Guardian Phone: _____

Emergency Contact: _____

Allergies/Medical Concerns: _____

Is the participant currently capable of swimming on their own without the use of a personal flotation device? Yes No

Do you have medical insurance? Yes No



Please check off what you are registering for.

Summer Rec (Full) \$125 _____ Summer Rec (Full w/early drop off) \$150 _____

1st Session \$75 _____ 1st Session (w/early drop off) \$90 _____

2nd Session \$75 _____ 2nd Session (w/early drop off) \$90 _____

Rec One Week \$45 _____ Rec One Week (w/early drop off) \$50 _____

R-T-L (Full) \$100 _____ R-T-L (One Session) \$55 _____

Paddle Board \$40 _____ Flag Football \$10 _____

Swim Lessons \$40 _____ Track Nights \$10 _____

Swim Team \$40 _____ Basketball \$10 _____

Mommy and Me \$30 _____ Tennis \$30 _____

Junior Lifeguard \$55 _____ Clamming Day \$5 _____

Please read and sign waiver on back

I, the undersigned, understand that there is an inherent risk in recreational programs, and the range of injury can be minor to severe. I also understand and accept that in case of injury, the Town of Eastham is responsible only for basic First Aid treatment. I further understand that participation in recreation programs require all participants and spectators to behave in a sportsman-like manner.

Media Release: Pictures/video taken in connection with these programs may be used for promotional purposes for the Town of Eastham.

Please circle one: Yes No

Parent/Guardian Signature

Date

Thank you for your support of recreation and happy summer!

